

Objective

By the end of this lesson, Max will understand the basic rules of Pickleball, learn some fun techniques to play the game, and enjoy some physical activity while practicing his skills.

Materials and Prep

- A pickleball (or any lightweight ball)
- A paddle (or a flat object that can serve as a paddle)
- A designated play area (like a backyard or a large room)
- Space to move around safely

Before the lesson, make sure the area is clear of obstacles to ensure Max can play safely.

Activities

- **Warm-Up Fun:**

Start with a fun warm-up! Stretch arms and legs, and then do a silly dance for 2 minutes to get the body moving. This will help Max get ready to play Pickleball!

- **Paddle Practice:**

Using the paddle, practice hitting the ball against a wall or on the ground. Max can count how many times he can hit the ball without missing. This helps improve his hand-eye coordination!

- **Mini Pickleball Game:**

Set up a small area to play. Max can pretend to serve the ball and then run to hit it back. You can take turns being the server and see how many times you can hit the ball back and forth!

- **Pickleball Story Time:**

After playing, sit down and talk about what you learned. Max can share his favorite part of the game and what he wants to practice next time!

Talking Points

- "Did you know that Pickleball is played with a paddle and a ball? It's super fun!"
- "When we play, we need to hit the ball over a net. Can you pretend to hit the ball over a net?"
- "Let's count how many times we can hit the ball back and forth! How many do you think we can do?"
- "Playing Pickleball helps us get strong and healthy! What do you like most about moving your body?"
- "At the end of the game, we can share what we liked. What was your favorite part?"
- "Remember, it's all about having fun and doing your best! Are you ready to play some more?"